

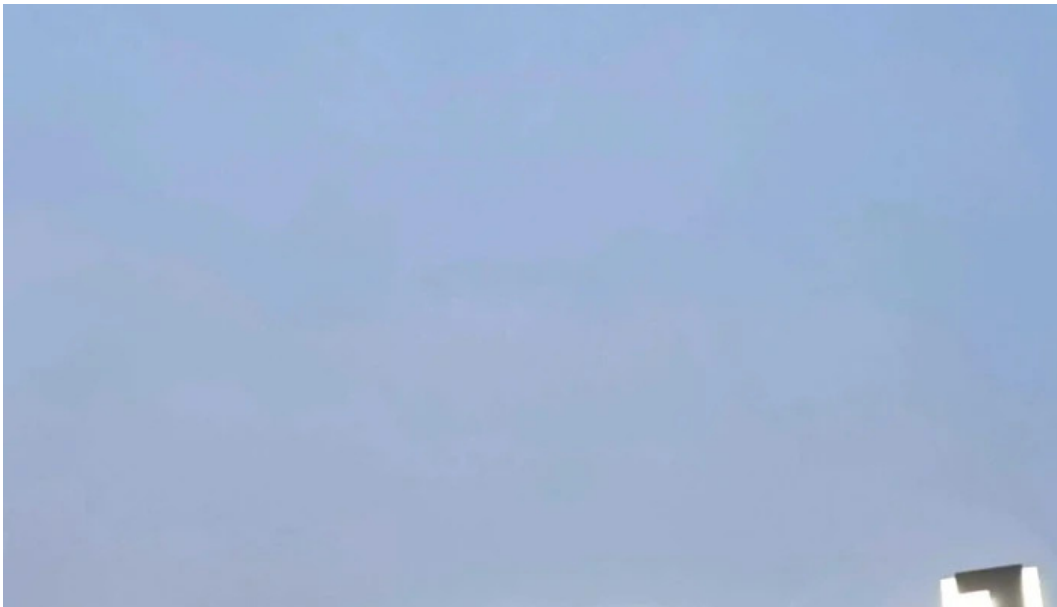
## [solidcore] - Dallas

dallas



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dallas

## *[solidcore] - Dallas*

### Discover Solidcore: The Premier Pilates Studio in Dallas, Texas

If you're searching for a top-notch Pilates experience in Dallas, look no further than **Solidcore**. Located in Addison, this studio is renowned for its exceptional coaches, motivating atmosphere, and inclusive amenities.

### Planning Your Visit to Solidcore

To make the most out of your experience, **appointments are recommended**.

This ensures that you secure a spot in the classes you desire, especially since many sessions can fill up quickly. Make sure to download the Solidcore app, which helps you find classes that suit your schedule and preferred instructors.

## **Amenities That Enhance Your Experience**

Solidcore boasts numerous **amenities** to ensure a comfortable visit. The facility is always clean, featuring two bathrooms and a changing room for those rushing from work to class. Furthermore, it has a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it welcoming for all guests.

## **Accessibility Matters**

Understanding that accessibility is crucial, Solidcore provides a dedicated **wheelchair-accessible entrance** and parking options. This commitment to inclusivity ensures everyone can enjoy their workout without hurdles.

## **Customer Experiences at Solidcore**

The reviews from guests highlight both the incredible coaching staff and the intensity of the workouts. Many members rave about instructors like **Tracy, Erica, and Kailyn**, who provide motivating classes paired with great music. Some have noted the challenging nature of the workouts, emphasizing that it's essential to be prepared for an intense session.

However, feedback also suggests that newcomers should be aware of the unique format at Solidcore. While some found it invigorating and enjoyable, others felt it was more intense than traditional Pilates, which could be daunting for beginners. Clear instructions from coaches help bridge the gap for new attendees, ensuring they can adapt.

## **Join the Fitness Community at Solidcore**

With frequent classes available, Solidcore offers a fantastic opportunity for fitness enthusiasts to challenge themselves while enjoying a supportive community. Whether you're new to Pilates or looking to spice up your routine, Solidcore is definitely worth a visit.

Lastly, remember to be punctual! Arriving on time is crucial, as late arrivals might be turned away. Engage with the community, receive guidance from enthusiastic instructors, and enjoy the journey of transformation that Solidcore promises.

Don't miss out on this vibrant fitness experience right in the heart of Dallas!

**You can find us at**

5455 Belt Line Rd Suite 120, 75254 Dallas, Texas - United States (US)

The contact line of the mentioned **Pilates studio** is +1469-461-7838  
And if you want to send a WhatsApp, you can do so at +1469-461-7838

### **We are open during the following hours:**

Day Hours  
Monday  
5?AM–8?PM  
Tuesday  
5?AM–8?PM  
Wednesday  
5?AM–8?PM  
Thursday  
5?AM–8?PM  
Friday  
5?AM–8?PM  
Saturday  
5?AM–8?PM  
Sunday  
5?AM–8?PM

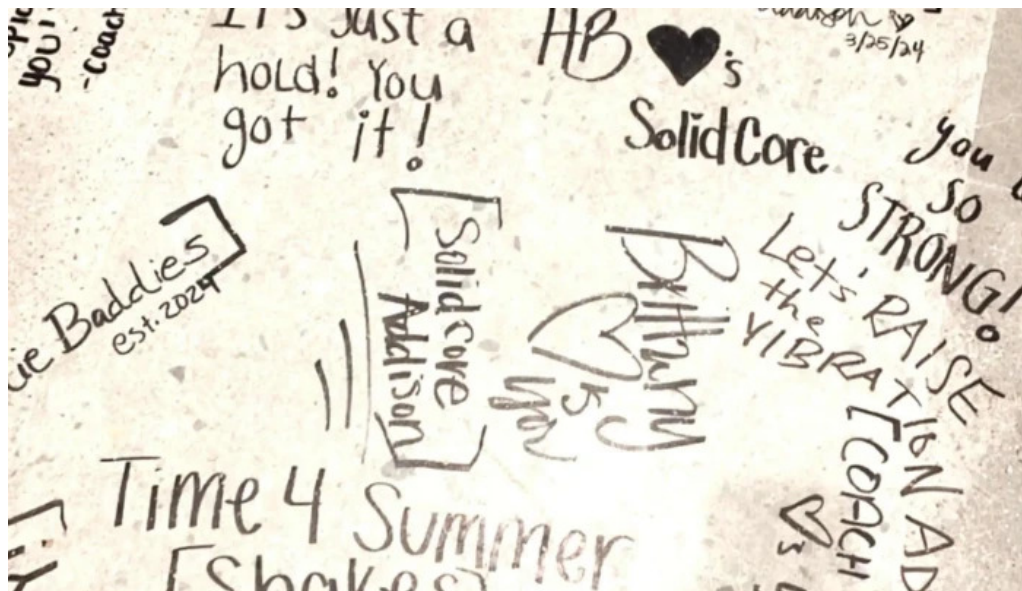
The website is [solidcore]

If you wish to update any element that you feel is not precise about this portal, we ask send us a message so we can we will handle it at the earliest convenience. Thanks beforehand thank you very much.

## **Images**



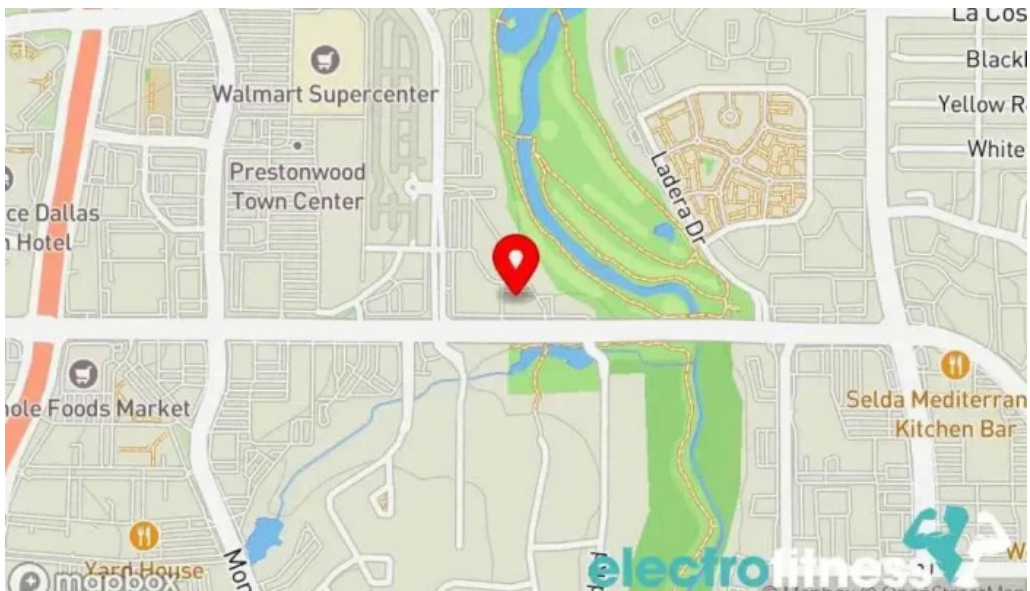
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## Tags

*Amenities, Accessibility, Toilet, Wheelchair-accessible entrance, Appointments recommended, Wheelchair-accessible car park, Planning*

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church
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exercise equipment store
firearms academy
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golf club
golf course
golf instructor
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martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
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physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
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sporting goods store
sports club
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sports medicine clinic
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supermarket
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thrift store
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